



IFA Day on a Plate

MEAL PLANS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	3 Sunny side up eggs with fresh Salad including peppers, cucumber, and cherry tomatoes	RX chocolate peanut butter protein bar	Large leafy green salad w/ favorite chopped veggies, sunflower seeds & can of tuna	string cheese, clementine, 1 cup coconut oil popcorn	2-3 Beef tacos with veggies, avocado, and salsa (I use casava flour taco shells)
Protein Content	21 grams protein	12 grams protein	40 grams protein	7 grams protein	30-40 grams protein
DAY 2	3 egg omelete with onions, mushrooms, and mozerella. Fresh pepper slices on the side.	Greek yogurt with drizzle of maple syrup, blueberries, and granola	1-2 servings of Salmon with roasted sweet potatoes	Banana and peanut butter	Chicken breast with roasted broccoli
Protein Content	27 grams of protein	16-20 grams of protein	30-40 grams of protein	4 grams protein	32 grams protein
DAY 3	Balanced Smoothie with 20 grams of protein from yogurt/protein powder	Cucumber slices and cherry tomtoes with 2 hard boiled eggs	Cream cheese and lox on a whole wheat bagel with green salad on the side	Fresh mango, strawberries & a handful of cashews	Lentil, bean, veggie soup with protein on the side (salmon, chicken, turkey)
Protein Content	20 grams protein	14 grams protein	29 grams protein	2 grams protein	Approx 40 grams protein